

LOCKDOWN 2020 EDITION



# BABBLE

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The Bishop's Stortford Swimming Club Newsletter

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Greetings from the Babble Bunker!

Firstly an apology, we had originally planned for this to be the Easter edition of Babble covering everything that happened in the first quarter of 2020 and looking forward to Regionals and Nationals. Of course, everything changed in March and our little Comms Team shifted focus onto organizing our programme of virtual activity and connectivity #BSSCStayatHome. So rather than the Easter edition, welcome to the Lockdown edition, a juicy combination reminiscing and celebrating pre Covid BSSC achievement, with an update on what BSSC is up to now. You'll get to enjoy a reminder of our record breaking achievements at Counties and our British, Regional and European Qualifications, while also sharing the very different approach we have taken since Lockdown began, including introducing some of our Lockdown heroes - members and supporters who have played such a key role in our community at the moment. We'll also take a moment to look forward to what comes next.

Please read and enjoy.

Stay safe, Mel, Kat and Una

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.....before we hang up, a plea! The current Comms team needs a few new members. We are now stretched between supporting our current activities, which we will need to develop as the lockdown rules change, and our more normal role, plus of course, none of us are swimming newbies anymore. We would particularly appreciate volunteers from our Masters Squad, or parents of Poussins and Avenir... otherwise we will be forced to Press Gang (quite literally!)

## #BSSCStayAtHome

Our #BSSCStayAtHome program, has a number of different elements:

- **Land based training activities** – a weekly set of training elements put together by Coach Barry and sent out every Sunday
- **#BSSCStayAtHome Challenges** – Fun challenges to involve our Swimmers and their families
- **#BSSCStayAtHome Live Sessions** – Shadowboxing with Martin (Tuesday 6pm), Pilates with Emma (Wednesday 5pm) and Fitness with Natalie (Thursdays 5pm), as well as baking sessions with Rob and Leanne Saunders that are normally on a Sunday afternoon. All sessions are currently run by Zoom.
- **Online Resources** – A summary of free to access resources online via Twitter, Facebook and Instagram that may be useful to our swimmers whilst out of the water.
- **Volunteer Training** – Swim England launched its new online training modules for new officials shortly before lockdown. This enables us to complete a lot more training online in advance of competitions reopening. They also launched a new online safeguarding module that we encourage all parents who are members of BSSC and Swim England to attend.

Everything can now be accessed via our shared Hub page on our website:

<https://bsswimclub.org.uk/virtual-training-and-resources/>

Though don't forget to also look at our Twitter, Instagram and Facebook pages, as well as our new YouTube channel.

We are looking to add in a couple more activities in the coming weeks, including Squad Socials, and hopefully some more non fitness based live sessions, so watch this space ..... or, if you would like to join in and have a skill or passion you would like to share with the Club, please get in touch.

Finally, we would like to give a quick shout out to the committee, especially Shereen Catton, Nicky Fields and Pam Spratt who have been doing a huge amount in the background sorting out finances and furlough to help the club in these unprecedented times. In case you are wondering, the **#BSSCStayAtHome team** is something of a mystery, so mysterious that we have never even physically met. We have heard however that it includes our excellent Coach Barry, as well as our new trainers and of course the amazing cooking duo of Dr Rob and Leanne Saunders. Not forgetting guest appearances by Lauren Gore, our maestro on the piano and in the editing suite, and Alice Longman as our roving social media reviewer. Our thanks to all of you!

# MEET THE TRAINERS

This edition we thought we would introduce you to our volunteer coaches who have been providing all of the Zoom live workouts over recent weeks.



## MARTIN TANG TUESDAY 6PM SHADOWBOXING CIRCUITS

### **Tell us about the class you are taking for BSSC**

I am running a shadow boxing based class with added circuit training for strength and conditioning.

### **What is your connection to the Club?**

My daughter Imogen swims in the Minimes squad

### **What's been the highlight of your Swimmers' career to date?**

Making it to the County Championships

### **Are (were) you a swimmer?**

No, I actually can't swim

### **Tell us about your fitness background**

I started Martial Arts when I was six years old. I have competed in Club, Regional and International full contact Karate tournaments and I am currently a 3rd Dan Black Belt. I have been a Club Instructor for 20+ years in 3 independent Martial Arts clubs. I am a qualified level 2 gym instructor and level 3 personal trainer. Insta: @mtpsports

### **What is the best and worst things about being a swimmer parent?**

Best thing: seeing your child achieve their PB

Worst thing: sitting in a massive sauna for 9 hours watching your child compete for 3 minutes.

### **Favourite healthy food?**

Ginger and spring onion steamed salmon on a bed of brown rice.

### **What's your best tip to keep healthy and focussed during lockdown?**

Have a structured training plan that incorporates 3x resistance sessions and 1x CV session either bike or run a week.



**EMMA COLEMAN**

**WEDNESDAY 5PM**

**PILATES**

**Tell us about the class you are taking for BSSC**

I've been hosting Pilates on a Wednesday evening. It's a 45 minute session working every joint and muscle in the body. We usually start the class with a few standing warm up exercises before transferring down to the mat and getting stuck into the "meaty" exercises! I like to challenge the core muscles with a variety of exercises each week but I also think it's super important to include lots of extension exercises to open up the chest and give our spines the well earned stretch they need which is applicable to all of us not just swimmers! I'm really enjoying our Wednesday evening sessions but I certainly feel like I've worked out at the end of it. I know you are all super fit so I am trying to challenge and push you all to keep you strong for when you're allowed back in the pool!

**What is your connection to the Club?**

My daughter Mia has been with the Club since Jan 2018 and is in the Poussins squad.

**What's been the highlight of your Swimmers' career to date?**

The highlight for me actually dates back to December 2017 before Mia had even joined the club. She set herself the challenge of swimming the distance of a half marathon over a 2 month period to raise money for a local Children's Charity called Kids in Need. We only set out to try and raise £800 but on the final day of the challenge she had managed to raise £6,000! Needless to say the charity were blown away and both the Chairman and Trustees came along to support her in her final lengths.

**Are (were) you a swimmer?**

I've got zero swimming experience. Can just about save my own life!

**Tell us about your fitness background**

My fitness background comes more from ballet than anything else. It's all I did until I hit my late teens. I still love it but when I came across pilates after having my son I knew it was something I wanted to make my career so did my initial training with Body Control Pilates in January 2015 qualifying in the November. I have been running my own Pilates business since January 2016 and since then have qualified in some special population areas including Pre and post natal and I am also a Pilates Back Care practitioner.

**What is the best and worst things about being a swimmer parent?**

The best thing is just watching Mia in the water and seeing her do something that she totally loves. The worst thing has to be hours and hours of waiting around!

**What's your best tip to keep healthy and focussed during lockdown?**

Have a routine and have an exercise plan. It's way easier to stay focused if you know what you are doing when. If you start to let your fitness regime slide, which I'm sure we've all done from time to time, it's way harder to pick yourself back up. Eating healthy and staying fit will help to keep your mind clear too!





**NATALIE KAIN**

**THURSDAY 5PM**

**FAMILY FITNESS**

**Tell us about the class you are taking for BSSC**

I have been leading the family fitness sessions on a Thursday evening. The class itself is a HiIT style session which focuses on a range of different body weight exercises which are designed to work for all ages.

**What is your connection to the Club?**

My son Harrison Kain is in the Poussins squad. We are both new to swimming but enjoying the friendly atmosphere.

**What's been the highlight of your Swimmers' career to date?**

Harrison has enjoyed swimming in the club championship events and training hard with a lovely group of kids.

**Are (were) you a swimmer?**

I wasn't a swimmer, I think I got my gold award when I was younger but decided that 6am training sessions were not for me and instead got into athletics.

**Tell us about your fitness background**

I have always been into sport and fitness and as a child tried a number of different sports. When I was about 11 I decided that I wanted to concentrate on athletics and went on to be English county champion multiple times in 200m, 300m and 400m. I also was south of England champion and became English Schools champion and was a junior international. I also worked as a sports coach, working with children aged 4-16 and am a qualified level 3 athletics coach. I am still keen to stay fit and active and train regularly.

**What is the best and worst things about being a swimmer parent?**

The best thing is seeing my child improve and enjoying his training.

The worst would have to be sitting in the sauna of a swimming pool watching him.

**Favourite healthy food?**

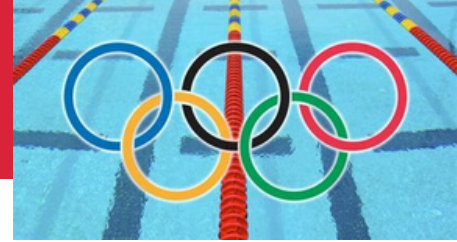
I am a big fan of juicing and one of my favourites is Orange, carrot and ginger.

I also love eggs! And would eat them pretty much any way.

**What's your best tip to keep healthy and focussed during lockdown?**

My best tip would be to get out and be active if you can either walking, running and cycling it's amazing what fresh air and exercise can do to your mood and mental health. This can be in your garden with your kids. Remember this situation is so unprecedented but not permanent and every other athlete (your competitors) are all in the same situation. Stay positive.

# THAT'S JUST WHAT WINNERS DO



by Paul Palmer (BSSC Swim Dad & Olympian)

Strange days, hey? Schools are closed, jobs are disappearing at a lick of knots and, even worse, the Olympics aren't happening! Well, not this year, at any rate. Something like Covid19 has never been experienced in living memory, so there is no textbook we can learn from. Whether a teenager was focussing on end of year exams or trying to make the national age groups in the summer, to have this sort of huge disruption is far from ideal. However, from a sporting perspective, there are a number of things a swimmer can take away from this:

- Whatever your sporting ambitions for the year are / were, if they had been scuppered through your own idiocy or illness, then that would be a tough personal blow to take. When the whole world is in the same situation, then the blow is diminished significantly. It's the same for everyone, so the trick is not to lament what you have missed out on, but to accept it as a freak occurrence and one that does not disadvantage you compared to others.
- It is likely that the club will not resume water training for some time. As above, it's the same for all clubs up and down the country. However, not all of them will have the level of commitment shown by our coaches and the #BSSCStayAtHome team. Following Barry's land training sessions will enable you to maintain fitness when others do not – so you can gain advantages over your rivals who may well use the lockdown as an excuse to watch more Avengers movies. Continuing to exercise will also make you feel better mentally.
- Whilst the situation we all find ourselves in is frustrating, it will end. If it means your swimming season is a write off, then so be it. Every athlete will experience seasons when, for a variety of reasons, it just doesn't work out. Injury and illness are usually the culprits. I never competed in a Commonwealth Games despite being selected for 2 of them due to both illness and injury. Missing out on potential Commonwealth gold medals still hurts a bit even now. At the time, however, missing these competitions just fuelled my desire and ambition to make sure that the next major competition (i.e. Europeans, Worlds or Olympics) were ones where I made amends for those missed championships. Disappointment is a great motivator.
- Make the most of a truly unique situation. Hopefully it won't happen again, so embrace the gift of time... Read a book a week; go on walks with your family and take the time to notice your surroundings; set yourself one goal a day that involves doing something you don't normally do – some of them will be a success, others a joyous failure!
- Don't stress! About anything. None of this situation is of your doing, so roll with it and make sure that, when it is all over, you don't wish you had the opportunity to live it all again as you never made the most of circumstances that (hopefully) will not be repeated.

I'll sign off with a prediction: If the Tokyo Olympics do go ahead in 2021, world records will be broken in many sports; incredible athletes of all ages will perform sporting "miracles" and Team GB will be right up there on the medal table. Why? Because all of these athletes will have turned 2020 into a year of opportunity, not failure. **That's just what winners do.**

# PREVENTING SHOULDER INJURY FOR SWIMMERS

by **Barry Chandler**

BSSC Coach and Specialist exercise instructor weight management & diabetes

So, whilst we can't get to the pool, perhaps it's a great time to start some preventative exercise! Have a look at the link below to get some ideas.



As always, prevention is better than cure and whilst swimming is a relatively low-risk activity when it comes to injuries, the shoulder is prone to injury due to its fundamental role in transmitting the power generated by all the muscles used before and beyond its junction.

It is worth thinking about all the activities you do however, as it is not uncommon for the injury to be caused outside of the pool; ensuring that there is an adequate warm-up, stretching, cool down and recovery from and between any exercise session whether it be in the pool, gym or anywhere else is essential.

The correct technique when swimming helps protect the muscles, ligaments, and tendons of the rotator cuff (RC) that enable shoulder stability. Impingement injuries are a particular risk for swimmers due to the range of motion required and one of the stroke faults that will increase the risk to the RC is pulling with a straight arm. Furthermore, if you start pulling too soon not only are you propelling yourself with a straight arm with subsequent risk to the RC but, you are using energy to travel upwards and not forwards.

As many of you know, we emphasise the need to pull with a bent arm. After all, you would not arm wrestle somebody with a straight arm, you will lose pretty quickly, so don't pull with one!

# BECOMING AN OFFICIAL HAS NEVER BEEN EASIER!



**A new regime has recently been introduced by Swim England which makes training and qualifying as a swimming official more flexible and straightforward.**

Our club is staffed by volunteers, including the officials without whom no meet can run. As swimmers get older and leave the club, we lose officials too, so **we continually need new volunteers to train and take their place.**

**Why not make a positive of the current situation**, particularly if you find yourself with time saved from commuting or making multiple daily trips to the pool and take the online theory modules necessary to become an official and be ready for practical experience on the resumption of swimming.

This would be much appreciated by the club and the swimmers. Please do not leave it to someone else. **The swimmers need YOU!**

Being a swimming official is a brilliant thing to do. It:

- Increases your knowledge of the sport;
- Makes a positive contribution;
- Is a worthwhile use of all the time spent at galas;
- Comes with free admission and refreshments; and
- Is rewarding and self-developing.

**New officials start by taking an online training module for Swimming Judge Level 1**, which can be done in your own time from home. This includes all the information and help needed to understand the rules of swimming as well as practical video demonstrations.

This is then followed up by only a **minimum of 15 hours practical experience at meets**, where officials get signed off in the various elements, starting with timekeeping and continuing through the various strokes.

You will find below links to the **two online elements** all officials need to take prior to commencing practical experience.

- [Online J1 training](#). There is a £20 fee for this training.
- [Contemporary issues](#). This is through the Institute of Swimming and is free. This is the link to create an account and book the course.

The 11 month time limit for completion of the practical element once the online module is passed has now been extended given the situation, so there is no need to delay on that score.

Thank you for reading and we look forward to welcoming you as a swimming official! Please let Dominic Mason know once you have done the two online elements.



# BREAKFAST OMELETTE RECIPE FROM LAURE

## Omelette Paléo banana chocolate



### Ingredients:

- 1 banana
- 2 full egg + 1 white egg
- 1 teaspoon of coco oil
- 3 tablespoons of vegetal milk (coco, almond, soja...)
- 1 tablespoon of honey
- 2 or 3 chocolate square (85% black chocolate)

### Kit required

- 1 Pan
- 1 Knife
- 1 Bowl

### Instructions:

- 1) In a bowl, break two eggs and add a white egg (you can do it with 3 full eggs if you want)
- 2) Slice the banana
- 3) Stir the eggs and add the sliced banana
- 4) Stir again but don't need to mash the banana
- 5) Put into the pan a teaspoon of coco oil
- 6) Heat the oil over medium heat
- 7) Transfer the contents of the bowl into the pan
- 8) Add 3 tablespoon of vegetal milk, to dilute the omelette
- 9) During cooking, add a tablespoon of honey
- 10) Just before closing the omelet, spread some piece of chocolate (85% black chocolate) on the omelette
- 11) When the chocolate is almost melted, fold the omelette in half, let it cook just a little bit more
- 12) Transfer it to a plate

Optional: you can add some grated coco on the omelette

Et voila!

Your Omelette paléo banana chocolate is ready to taste!

Extra note from Laure: If you have a sweet tooth, then you might want to use milk chocolate squares instead of 85% dark chocolate!

# YANLI SAUNDERS' PEPPER & PRAWN STIR FRY

Great as part of a main meal "dish" and served with boiled whole grain rice, or cooked for lunch served with udon noodles.

## Ingredients (4 persons):

One red and one yellow pepper  
Sesame oil (dressing) and vegetable oil (frying)  
1 tbsp Sesame seeds  
Red Wine  
Light Soy sauce  
Prawns 5 (or 10!) per person  
Seasoning (Salt, ground pepper and sugar)  
(Cornflour + Water if eating with noodles)



Small piece of root ginger  
2-3 Garlic cloves  
2-3 Spring onions

## Prep (10 mins):

De-seed and slice peppers.

Finely chop a hazelnut sized piece of root ginger. Finely chop 2 or 3 spring onions and separate white ends from green ends.

Crush and chop 2 or 3 cloves of garlic.

(Mix 2 or 3 tbsp water with 1 or 2 tsp cornflour)

Shell and de-vein prawns.

## Cooking (5 mins):

In dry hot wok toast off 1 tbsp Sesame seeds until golden and set aside.

Heat vegetable oil in wok until hot but not smoking.

Add ginger and white ends of spring onions, stir fry for a few seconds and then add peppers and garlic.



Stir fry until peppers start to soften.

Add prawns and cook till blushing.

Add splash of red wine and same soy sauce.

Cook few seconds longer till prawns cooked but don't overcook.

(for eating with noodles add cornflour and water mix to make a sauce and cook for a few more seconds to thicken).

Season to taste (salt, sugar, ground pepper).

Drizzle with Sesame oil and dress with green ends of spring onions, one last stir and then plate up.

Sprinkle with the Sesame seeds to finish.

# CELEBRATING ACHIEVEMENT

Lockdown interrupted the chances of many of our swimmers this year. They may not have got to compete, but we want to celebrate their achievements in qualifying for key events.



Congratulations to our  
**British Championships** Qualifiers:

Mia Carter      Bryn Couser  
Millie Fields    Niamh James

Congratulations to our  
**Swim England East Region**  
**Long Course Championships** Qualifiers:

Nicholas Botha, Alex Catton, Bryn Couser,  
Callum Cox, Callum Davis, Jago Derrington,  
Mehdi El Mansar, James Gisborne,  
Sami Zenzami



Sarah Carroll, Mia Carter, Jessica Fields,  
Millie Fields, Lauren Gore, Niamh James,  
Alice Longman, Grace Mason, Kirsty Neill,  
Lilian Opiyo, Jessica Penkul, Kaia Phillips



Congratulations to our **17th LEN**  
**European Masters Championships** Qualifiers:

Elizabeth Bellinger, Barry Chandler,  
Ashley Meerloo, Sally Winter



# SWIMMER PROFILES

## **Arthur Knipe** (Poussins)

**Number of years swimming:** 1

**Tell us about your swimming career so far:**

I'd been in the school swim team for a few years and wanted to improve and get fitter so I joined the club

**Best thing about training...** friends  
**... and the worst...** getting wet :)

**Favourite swimsuit/swim clothing and why?**

Not swim clothing but the Club onesie is the best thing ever

**Hat and Goggle etiquette?** hat then goggles

**What's special about being a swimmer?**

It makes your muscles big and you get thinking time in the pool

**What are you missing most about swimming?**

Pool banter!

**What are you doing instead during lockdown?**

Trampolining/pull ups/tree climbing and running

**Who is your role model?** Alex Honnold

**What is the best thing you have learnt in lockdown?**

I like my brothers more than I thought, how to make stick bombs and how to slam dunk!



## **Jago Derrington** (Minimes)

**Number of years swimming:** 6

**Tell us about your swimming career so far:**

Qualified for Counties and Regionals every year since 2018

**Proudest swimming achievement:**

Gold medal in 2020 Counties (200m backstroke)

**Best thing about training...** Knowing that if you work hard you will get results

**... and the worst...** Early mornings

**Favourite swimsuit/swim clothing and why?**

Arena - best fitting and comfortable

**Hat and Goggle etiquette?**

Training: just goggles.

Racing: hat then goggles

**What's special about being a swimmer?**

It makes you very strong everywhere

**What are you missing most about swimming?**

Training, and meeting up with the squad every day

**What are you doing instead during lockdown?**

Trying my best to stay fit

**Who is your role model?** Caleb Dressel

**What is the best thing you have learnt in lockdown?**

How to be more patient



# ELITES TRAIN AT OLYMPIC POOL



It was a very early start for many members of our Elite Squad during February half term. Meeting at the College at 6am for four mornings for our first Stay at Home Swimming Camp. The ages of this Squad meant that so many had exam commitments that a Camp somewhere warm wasn't really an option, so London seemed a good idea with their own beds to return to.

Parents volunteered to take turns with transport and so all the swimmers had to do was drag themselves out of bed. Oh yes and swim for an hour and a half in a Long Course Pool.

The first morning got off to a great start as the swimmers could see some of their idols including Tom Daly, on the diving boards.

After their training had taken place our reliable gang found their way to the nearest Pret a Manger (just outside) for a healthy breakfast of croissants and hot chocolate.

The training was rigorous and there was lots of moaning, however they all turned up for the next session.

It was definitely a way of getting a training camp in for those that did not want a training camp. One morning there was a team from Cornwall who were enjoying a camp in London in the next lane. We are lucky to have such a facility relatively nearby and we hope this will be something we can repeat in the future



# BSSC HIGHLIGHTS

CLICK ON THE ARTICLES BELOW TO SEE THE LONGER VERSIONS ON THE BSSC WEBSITE

## **BSSC Makes a Splash at the County Championships**

2020 started with a bang for BSSC, with the Swim England Hertfordshire County Championships. Only the top swimmers across Hertfordshire are selected for each age event, and we had 57 swimmers head to Borehamwood to take part in more than 300 individual swims over eight exhilarating days of competition. For some swimmers, this was the first time they are competing at a County level, including Ethan David-Tostevin and Zoe Opiyo, who are competing in 15 events in the 10/11 Yrs age group. It promised to be an exciting weekend and it did not disappoint! Places in finals and battles for medals came down to hundredths of a second and lengths of fingernails, with swimmers digging deep to be the first to touch that wall. So many swimmers stepped up and achieved Personal Best times and across the first two days of competition BSSC won an amazing 23 age group medals (8 Gold, 9 Silver and 6 Bronze).



## **Winter Smashes British & European Records**

Reaching a milestone birthday can sometimes be advantageous, and BSSC Masters swimmer and Club President, Sally Winter recently proved that point by smashing British and European Masters records at her first 2020 meet.

## **County Championships Long Distance and Weekend 2**

On a cold, stormy Tuesday evening (14th Jan), when the rest of the world were safely tucked up indoors, two intrepid Bishop's Stortford Swimming Club members, Kaia Phillips and Eleanor Mason headed off to Borehamwood for the 800m Freestyle event of the Swim England Hertfordshire County Championships. The trip and the 32 length swim proved worth it as both got personal best times, with Kaia taking Gold in the 14 Yrs Age Group and Eleanor placing 8th in the 16Yrs & Over age group. They were back again on weekend two, but this time as part of a 46 strong squad of swimmers who managed to match the first weekend's outstanding performances. BSSC's youngest two competitors, 10-year olds Ethan David-Tostevin and Zoe Opiyo, both reached multiple event finals and the squad added an amazing twenty four medals (8 Gold, 5 Silver, 11 Bronze) to the 23 from the weekend before. Kirsty Neill also recorded a County Championships "Best Time" in the 13yrs 200m Breaststroke.



# BSSC HIGHLIGHTS CONT'D

## BSSC Swimmers Fly High at Hertfordshire County Championships (Counties Part 3)

With older swimmers and top BSSC Gold medallist after weekends 1&2 Kaia Phillips away at a meet in Sheffield, the responsibility was left with the younger BSSC swimmers for the final weekend of the Hertfordshire County Championships. All swimmers stepped up and performed admirably, securing eight more medals and ensuring that BSSC finished fourth in the individual medals table behind the large clubs of Hatfield, Watford and City of St Albans (third if we could have counted new recruit Callum's medals as ours!).



## Receiving County Colours

During the 2020 County Championships, the swimmers who were part of the Hertfordshire team at the 2019 National County Team Championships were presented with half County colours. Four BSSC members were honoured: Alex Catton, Callum Cox, Millie Fields and Kaia Phillips

## County Championship Award Night

On Wednesday 5th Feb the top swimmers across Hertfordshire came together at the County Awards Night to recognise their outstanding performances at the 2020 Hertfordshire County Championships. BSSC's superb performances during January's racing, meant a large number of swimmers were honoured. Mia Carter, Alex Catton, Bryn Couser, Millie Fields, Mehdi El Mansar and Jess Penkul received individual Championship medals (15/Over); Kirsty Neill (13 Yrs), Callum Cox (Ware), Jago Derrington, Jessie Fields, Grace Mason, Kaia Phillips (all 14 Yrs) and James Gisborne (15 Yrs) received individual Junior Championship medals (10/15 Years); and Issy Good, Meisha Trend-Evans, Lilian Opiyo, Freya Reilly, Lauren Gore and Jessie Fields received Junior Relay medals (10/15 Years).



Six swimmers gave such great performances over the whole championships, that they were in the top eight in their age group, and in Kaia's case, the top 14 year old girl in Hertfordshire:

- 13 Yrs: 3rd Kirsty Neill
- 14 Yrs: 3rd Callum Cox (Ware), 7th Jago Derrington
- 14 Yrs: 1st Kaia Phillips, 7th Grace Mason
- 15 Yrs: 3rd James Gisborne

Final recognition on the night went to the top performing clubs. BSSC were a superb 4th overall (5th Men, 3rd Women), but if sliced and diced by Championships we were 3rd overall (4th Men, 3rd Women) and in the Junior Championships the Men were 3rd and the Women were 2nd! Amazing performances.



# BSSC HIGHLIGHTS CONT'D

## Record Breaking Gold Rush for BSSC Masters at Sudbury

On 16th Feb, four fabulous BSSC Masters headed to Sudbury for the 25th Valentines Open Meet. David Kelleway (25-29Yrs), Peter Kelleway (60-64Yrs), Helen Shingler (50-54Yrs) and Sally Winter (60-64Yrs) were all in stunning form, taking gold medals in every event they entered and also getting lots of personal best times. Having recently achieved some European Long Course records in her new age group, Sally Winter bagged a short course European Record at Sudbury, taking nearly 3 seconds off the old 200m Free record!!

## Golden Time at Swim Wales

BSSC Masters competition regular, Elizabeth Bellinger, pulled out of the February Sudbury Masters event with an injury, but although still in recovery, she managed to compete in the Swim Wales Masters Long Course Championships in Swansea over the St David's Day weekend. Lizzie took Gold in all four events she entered, bettering her entry times on three events and improving two of the East Region records she already held.



## BSSC Youngsters Shine at Thurrock

Early March, more than 50 members of Bishop's Stortford Swimming Club headed to the Regional Qualifier Gala hosted by Thurrock Swimming Club. For the younger swimmers it was a chance to beat their best times and maybe collect some bling, whilst the older swimmers were also chasing times for the Swim England East Region Championships. The whole squad had a very successful meet, with swimmers medalling in every event and winning 22 Gold, 20 Silver and 21 Bronze medals.

## BSSC Masters Shine at Frank Rider Masters Charity Gala

A 15-strong team of Bishop's Stortford swimmers competed for the first time in the Frank Rider charity event hosted by Erith & District Swimming Club on Sunday 15th March. Many swimmers from BSSC were competing for the first time in 20+ years and for a couple it was their first taste of competitive swimming. A great evening was had by young and old and all agreed they would be back next year. A total of £289 was raised for Breast Cancer charity.





# BSSC SPRING RAFFLE

Another HUGE thanks needs to go to everyone who bought raffle tickets this year in our BSSC Spring Raffle. It was such a shame that we couldn't run our Open meet at Borehamwood and hold the raffle there, but we still managed to raise a fabulous £983



Our lovely Raffle team (thank you so much to Hanna, Gemma & Mel) organised the draw (with much help from Arthur Knipe) and the list of lucky winners was emailed out late March and the draw video was posted on our members Facebook page.

The Raffle team did their best to unite winners and prizes, but the lockdown hampered their efforts. Now lockdown is easing a little, we encourage remaining winners to get in touch and we will organise delivery.

## **Prize winners are:**

- Nintendo Switch Lite - Freya Hadnutt
- Wine Hamper - Robert Gor
- Snap Fitness Fit Kit - Lorraine Hayes
- Luxury Beauty Hamper - John Gisborne
- Water Bottle Kit - Mehdi El Mansar
- Bottle of Prosecco - Liz Lloyd-Williams
- Foraging Fox Luxury Food Hamper - Colin Cox
- Sports Massage from Cyd Newman - Issy Good
- Luxury Sports Hamper - Saffron Craig
- Pixi Beauty Kit - Linda Harold

And finally .... a pack of luxury toilet rolls goes to ....The Clune family !!

Congrats to all winners, but given this prize draw took place at the start of lockdown, maybe most of all the Clunes!!

# WELFARE OFFICER

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The club welfare officer is Lorinda Pieteron. If you have any concerns over a child's welfare, Lorinda can be contacted either by calling **07885 370843** or by emailing **welfare@bsswimclub.org.uk**



## EASY FUNDRAISING

When you are making those lockdown online purchases, please don't forget you can raise funds for our club at the same time!

Just choose BSSC as your charity to raise donations every time you shop online through this link:

<https://www.easyfundraising.org.uk/>



## PRO SWIMWEAR

The ProSwimwear club specific website page is up and running again so please take a look.

Any purchases made through this page raises money for the club:

[www.proswimwear.co.uk](http://www.proswimwear.co.uk)



## STORTFORD SPORTS SUPPLIES

Please visit their website to get club hats, tops, hoodies etc.

<http://stortfordsportssupplies.co.uk>

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If you're having a spring clean clear out during lockdown, or your swimmer has just grown out of everything (!), don't forget to put items aside to donate to our **Pre-loved sales**. They will start again once normal business is resumed ...